



THE ANGLO AMERICAN SCHOOL OF SOFIA SCHOOL MEAL MENU - MS-HS SCHOOL PREPARED BY LIBERTY FOOD SERVICES

Week 1	MONDAY 30 Sept	1	p BG		WEDNESDAY 21 Aug	gr/d BG	THURSDAY 22 Aug	gr/p	BG FRIDAY 23 Aug	gr/D
SOUP	Cream soup of peas		D 2.90		Tarator	300 2.90	Tomato cream soup	300		300
	Cream soup of peas				Tarator		Toinato cream soup	300	Fresh salads with icebeg, cherry tomatoes, lettu	1
SALAD	Tomatoes with eggplant salad (Greek style)		0 3.20		Tomatoes with mozzarella	150 3.20	Tomatoes, cucumbers and cheese		3.20 parmesan	150
VEGETARIAN DISH	Vegetarian Curry with cauliflower	300	0 5.20		Zucchini fritters with Thai sauce	300 5.20	Zucchini gratin	300	5.20 Stuffed Peppers with rice and vegetables	300
MAIN DISH WITH CHICKEN	Fresh Pasta with chicken fillet, broccoli, cream, parmesan and mozzarella	300	0 6.50		Chicken with cornflakes and Wedges potatoes/Salad	300 6.50	Oven baked chicken small leg with Steamed vegetables/Salad	300	6.50 Oven baked chicken leg with rice	300
MAIN DISH WITH PORK/BEEF/FISH	Oven baked Pork with rice	300	0 6.50		Salmon fillet with Wedges potatoes/Salad	300	Pork meatballs with steamed vegetables/Salad	300	6.50 Pork Schnitzel of minced meat with oven baked r	ce/Salad 300
DESERT	Seasonal fruits		1.50		Seasonal Fruit	1.20	Chocolate Souffle		3.70 Seasonal Fruit	
Week 2	MONDAY 26 Aug	gr/p	p BG TUESDAY 27 Aug	gr/p I	G WEDNESDAY 28 Aug	gr/p BG	THURSDAY 29 Aug	gr/p	BG FRIDAY 30 Aug	gr/p
SOUP	Potatoes and bacon soup	300	0 3.20 Cream soup of carrots with ginger	300 2		300 2.90	Zucchini cream soup	300	2.90 Pork Soup	300
SALAD	Greek style salad	150	0 3.20 Salad Vitamina(apple, beet, carrots)with honey-lemon sauce	150 3	20 Caesar salad with chicken	150 3.20	Cabbage and carrots salad	150	3.20 Bulgarian Shopska salad(tomatoes, cucu onion, cheese, peppers, olives)	150
VEGETARIAN DISH	Vegetarian Fresh pasta with Tomato sauce	300	0 4.20 Vegetarian Risotto with rice Arborio and parmesan	300 4	20 Potato Fritters with yogurt sauce	300 4.20	Zucchini with rice	300	5.20 Vegetarian Enchilada	300
MAIN DISH WITH CHICKEN	Grilled chicken steak with Steamed broccoli	300	0 6.50 Chicken Satay with Steamed brown rice/Salad	300 6	50 Grilled chicken meatballs with Steamed potatoes/Salad	300 6.50	Chicken wings with Gravy sauce and Mashed potatoes/Salad	300	6.50 Roasted chicken with honey, mustard, garlic and of bamsati rice	garnish 300
MAIN DISH WITH PORK/BEEF/FISH	Grilled sausage with Steamed broccoli/Salad(pork)	300	0 6.50 Oven baked pork with herbs and Steamed brown rice/Salad	300 6	50 Breaded white fish fillet with Steamed potatoes/Salad	300	Shepherd's Pie(beef)	300		300
DESERT	Seasonal fruits		1.50 Crème Panacotta with fruits	3	70 Seasonal Fruit	1.50	Home made Biscuit Cake		3.70 Seasonal Fruit	
Week 3	MONDAY 02 Sept	gr/n	p BG TUESDAY 03 Sept	gr/p I		gr/p BG	THURSDAY 05 Sept	gr/p		
SOUP	French onion soup		0 2.90 Mushrooms soup	300 2		300 3.20	Vegetarian Borsch		2.90	
SALAD	Tomato, cucumbers, cheese and olives		0 3.20 Fresh mixed salads	150 3		150 3.20	Shephard's Salad (with pork ham)	150		
VEGETARIAN DISH	Quinoa with vegetables and hemp seed		0 5.20 Spinach fritters	300 5		300 5.20	Mushrooms with rice	300		
MAIN DISH WITH CHICKEN	Grilled chicken steak with herbs and sauteed potatoes	300		1 300 6		300 6.50	Chicken schnitzel with Glazed carrots/Salad	300		
MAIN DISH WITH PORK/BEEF/FISH	Pastitsio Bolognese(beef)	300	0 6.50 Roasted Pork with Steamed string bean/Salad	300 6	50 Perch fillet with corn in butter	300	Bulgarian Mousssaka(pork)	300	6.50	
DESERT	Seasonal fruits	500	1.50 Milk with rice		70 Seasonal Fruit	1.50	Eclaire with crème vanilla and chocolate		3.70	
Week 4	MONDAY 09 Sept	gr/n	p BG TUESDAY 10 Sept	gr/p I		gr/p BG	THURSDAY 12 Sept	gr/p		gr/p
SOUP	Potato cream soup		0 2.90 Boiled Beef soup	300 3		300 2.90	Cream soup of broccoli with blue cheese	300		300
SALAD	Red and white cabbage with carrots		0 3.20 Crudites salad	150 3		150 3.20	Iceberg and Cherry Tomatoes Salad	150		
VEGETARIAN DISH	Potato Gratin	300	0 5.20 Spinach puree with egg and cheese	300 5		300 5.20	Coral Lentil Stew	300		300
MAIN DISH WITH CHICKEN	Ovenbaked chicken fillet and steamed vegetables/Salad	300		300 6		300 6.50	Chicken Mixed Grill with French fries/Salad(meatball, sausage, loin)	300		
MAIN DISH WITH PORK/BEEF/FISH	Fresh Tagliatelle Carbonara style(with bacon)	300	0 6.50 Pork Minced meat Schnitzel with Oven baked potatoes	300 6	50 Trout fillet with Mashed potatoes	300	Hot Dog with French fries/Salad	300	6.50 Pork Gyros with tsatsiki and wedges potate	es 300
DESERT	Seasonal fruits		1.50 Cheese cake with forest fruits	3	70 Seasonal fruits	1.50	Caramel Crème		3.70 Seasonal fruits	
Week 5	MONDAY 16 Sept	gr/p	p BG TUESDAY 17 Sept	gr/p I	G WEDNESDAY 18 Sept	gr/p BG	THURSDAY 19 Sept	gr/p	BG FRIDAY 20 Sept	gr/p
SOUP	Tarator		0 2.90 Tomato cream soup	300 2		300 2.90	Cream mushrooms soup with thyme	300		300
SALAD	Colorful salad		0 3.20 Fresh Spinach salad	150 3	20 Fresh salad with chicken and sauce with blueberries	150 3.20	Green salad with quinoa, broccoli and boiled egg	150	3.20 Fresh salad with tuna	150
VEGETARIAN DISH					20 Tresh salad with enlexen and sadee with bluebernes	150 5.20				
	Bean stew		0 5.20 Chickpeas stew with spinach and spices	300 5		300 5.20	Ratatuille with polenta and goat cheese	300	5.20 Baked Gnocchi with broccoli	300
MAIN DISH WITH CHICKEN	Bean stew Chicken Wrap	300		300 5	20 Vegetarian Fritters with yogurt sauce				Called shiders seen an with semich of size	300
MAIN DISH WITH PORK/BEEF/FISH		300	0 5.20 Chickneas stew with spinach and spices 0 6.50 Roasted Chicken small leggs with BQ sauce and garnis home made wedges 0 6.50 Grilled Kebapche with garnish of home made wedges	300 5 h 300 6 300 6	20 Vegetarian Fritters with vogurt sauce 50 Chiken fillet with garnish of Vegetarian Risotto 50 Salmon fillet with garnish of Vegetarian Risotto	300 5.20 300 6.50 300	Ratatuille with polenta and goat cheese	300 300 300	6.50 Grilled chicken sausages with garnish of rice vegetables 6.50 Oven baked pork loins with sauce and garnish r vegetables	300 with 300 ce with 300
MAIN DISH WITH PORK/BEEF/FISH DESERT/FRUIT	Chicken Wrap	300 300	0 5.20 Chickpeas stew with spinach and spices 0 6.50 Roasted Chicken small leggs with BBQ sauce and garnis home made wedges	300 5 h 300 6 300 6 300 3	20 Vegetarian Fritters with vogurt sauce 50 Chiken fillet with gamish of Vegetarian Risotto 50 Salmon fillet with gamish of Vegetarian Risotto 70 Seasonal fruits	300 5.20 300 6.50 300 1.50	Ratatuille with polenta and goat cheese Chicken with peas and carrots	300 300 300	6.50 Grilled chicken sausages with garnish of rice vegetables Oven baked pork loins with sauce and garnish r	300 with 300 ce with 300
MAIN DISH WITH PORK/BEEF/FISH DESERT/FRUIT Week 6	Chicken Wrap Fresh Pasta Bolognese style(beef)	300 300	0 5.20 Chickneas stew with spinach and spices. 0 6.50 Roasted Chicken small leggs with BBQ sauce and gamis home made wedges 0 6.50 Grilled Kebapche with gamish of home made wedges 1.50 Crème Brule TUESDAY 24 Sept	300 5 h 300 6 300 6 <u>300 3</u> gr/p H	20 Vegetarian Fritters with vogurt sauce 50 Chiken fillet with gamish of Vegetarian Risotto 50 Salmon fillet with gamish of Vegetarian Risotto 70 Seasonal fruits 6 WEDNESDAY 25 Sept	300 5.20 300 6.50 300 1.50 gr/p BG	Ratatuille with polenta and goat cheese Chicken with peas and carrots Stuffed peppers with rice and pork minced meat Sacher Cake THURSDAY 26 Sept	300 300 300 gr/p	6.50 Grilled chicken sausages with garnish of rice vegetables 6.50 Oven baked pork loins with sauce and garnish r vegetables 3.70 Seasonal fruits BG FRIDAY 27 Sept	300 with 300 ce with 300 gr/p
MAIN DISH WITH PORK/BEEF/FISH DESERT/FRUIT Week 6	Chicken Wrap Fresh Pasta Bolognese style(beef) Seasonal fruits	300 300	0 5.20 Chickpeas stew with spinach and spices 0 6.50 Roasted Chicken small leggs with BBQ sauce and garnis home made wedges 0 6.50 Grilled Kebapche with garnish of home made wedges 1.50 Crème Brule TUESDAY 24 Sept Chicken soup	300 5 h 300 6 300 6 300 3	20 Vegetarian Fritters with vogurt sauce 50 Chiken fillet with gamish of Vegetarian Risotto 50 Salmon fillet with gamish of Vegetarian Risotto 70 Seasonal fruits 6 WEDNESDAY 25 Sept	300 5.20 300 6.50 300 1.50	Ratatuille with polenta and goat cheese Chicken with peas and carrots Stuffed peppers with rice and pork minced meat Sacher Cake	300 300 300	6.50 Grilled chicken sausages with garnish of rice vegetables 6.50 Oven baked pork loins with sauce and garnish r vegetables 3.70 Seasonal fruits BG FRIDAY 27 Sept	300 with 300 ce with 300
MAIN DISH WITH PORK/BEEF/FISH DESERT/FRUIT Week 6 SOUP	Chicken Wrap Fresh Pasta Bolognese style(beef) Seasonal fruits	300 300	0 5.20 Chickneas stew with spinach and spices. 0 6.50 Roasted Chicken small leggs with BBQ sauce and gamis home made wedges 0 6.50 Grilled Kebapche with gamish of home made wedges 1.50 Crème Brule TUESDAY 24 Sept	300 5 h 300 6 300 6 <u>300 3</u> gr/p H	Vegetarian Fritters with vogurt sauce 50 Chiken fillet with garnish of Vegetarian Risotto 50 Salmon fillet with garnish of Vegetarian Risotto 50 Salmon fillet with garnish of Vegetarian Risotto 70 Seasonal fruits 6 WEDNESDAY 25 Sept 20 Minestrone soup	300 5.20 300 6.50 300 1.50 gr/p BG	Ratatuille with polenta and goat cheese Chicken with peas and carrots Stuffed peppers with rice and pork minced meat Sacher Cake THURSDAY 26 Sept	300 300 300 gr/p 300	6.50 Grilled chicken sausages with garnish of rice vegetables 6.50 Oven baked pork loins with sauce and garnish r vegetables 3.70 Seasonal fruits BG FRIDAY 27 Sept	300 with 300 ce with 300 gr/p
DESERT/FRUIT	Chicken Wrap Fresh Pasta Bolognese style(beef) Seasonal fruits	300 300	0 5.20 Chickpeas stew with spinach and spices 0 6.50 Roasted Chicken small leggs with BBQ sauce and gamis home made wedges 0 6.50 Grilled Kebapche with gamish of home made wedges 1.50 Crème Brule Image: Chicken soup Chicken soup Bulgarian Shopska salad(tomatoes, cucumbers, sucumbers,	300 5 h 300 6 300 6 3 gr/p I 300 3	Vegetarian Fritters with vogurt sauce 50 Chiken fillet with garnish of Vegetarian Risotto 50 Salmon fillet with garnish of Vegetarian Risotto 50 Salmon fillet with garnish of Vegetarian Risotto 70 Seasonal fruits 6 WEDNESDAY 25 Sept 20 Minestrone soup 20 Hummus with crudites	300 5.20 300 6.50 300 1.50 gr/p BG 300 2.90	Ratatuille with polenta and goat cheese Chicken with peas and carrots Stuffed peppers with rice and pork minced meat Sacher Cake THURSDA /2 6 Sept Lentil soup	300 300 300 gr/p 300	6.50 Grilled chicken sausages with garnish of rice vegetables 6.50 Oven baked pork loins with sauce and garnish r vegetables 3.70 Seasonal fruits BG FRIDAY 27 Sept 2.90 Beef soup with spinach 3.20 Fatush salad	300 with 300 ce with 300 gr/p 300 150 150
MAIN DISH WITH PORK-BEEF/FISH DESERT/FRUIT Week 6 SOUP SALAD	Chicken Wrap Fresh Pasta Bolognese style(beef) Seasonal fruits	300 300	0 5.20 Chickpeas stew with spinach and spices 0 6.50 Roasted Chicken small leggs with BBQ sauce and garnis home made wedges 0 6.50 Grilled Kebapche with garnish of home made wedges 1.50 Crème Brule TUESDAY 24 Sept 0 Chicken soup Bulgarian Shopska salad(tomatoes, cucumbers, onion, cheese, peppers, olives)	300 5 h 300 6 300 6 3 gr/p I 300 3 150 3 3 3	Vegetarian Fritters with vogurt sauce 50 Chiken fillet with garnish of Vegetarian Risotto 50 Salmon fillet with garnish of Vegetarian Risotto 70 Seasonal fruits G WEDNESDAY 25 Sept 20 Minestrone soup 20 Hummus with crudites 20 Vegetarian Tagine with cous coas and chickpeas	300 5.20 300 6.50 300 1.50 gr/p BG 300 2.90 150 3.20	Ratatuille with polenta and goat cheese Chicken with peas and carrots Stuffed peppers with rice and pork minced meat Sacher Cake THURSDA Z6 Sept Lentil soup Tomatoes with arugula, cucumbers, and feta cheese	300 300 300 gr/p 300 150 300	6.50 Grilled chicken sausages with gamish of rice vegetables 6.50 Oven baked pork loins with sauce and gamish r vegetables 3.70 Seasonal fruits BG FRIDAY 27 Sept 2.90 Beef soup with spinach 3.20 Fatush salad 5.20 Oven baked potato Hasselback with sauce	300 with 300 ce with 300 gr/p 300 150 s 300
MAIN DISH WITH PORK BEEFFISH DESERT.FRUIT Week 6 SOUP SALAD VEGETARIAN DISH	Chicken Wrap Fresh Pasta Bolognese style(beef) Seasonal fruits MONDAY 23 Sept	300 300	0 5.20 Chickpeas stew with spinach and spices 0 6.50 Roasted Chicken small leggs with BBQ sauce and garnis home made wedges 0 6.50 Grilled Kebapche with garnish of home made wedges 1.50 Crème Brule TUESDAY 24 Sept 1.50 Chicken soup Bulgarian Shopska salad(tomatoes, cucumbers, onion, chese, peppers, olives) Rice Noodles with vegetables	300 5 h 300 6 300 6 3 gr/p I 300 3 150 3 300 5	Vegetarian Fritters with vogurt sauce 50 Chiken fillet with garnish of Vegetarian Risotto 50 Salmon fillet with garnish of Vegetarian Risotto 70 Seasonal fruits G WEDNESDAY 25 Sept 20 Minestrone soup 20 Hummus with crudites 20 Vegetarian Tagine with cous cous and chickpeas 50 Grilled Chicken fillet and Chps	300 5.20 300 6.50 300 1.50 gr/p BG 300 2.90 150 3.20 300 5.20	Ratatuille with polenta and goat cheese Chicken with peas and carrots Stuffed peppers with rice and pork minced meat Sacher Cake THURSDAY 26 Sept Lenti soup Tomatoes with arugula, cucumbers, and feta cheese Breaded vellow cheese	300 300 300 gr/p 300 150 300	6.50 Grilled chicken sausages with garnish of rice vegetables 6.50 Oven baked pork loins with sauce and garnish r vegetables 3.70 Seasonal fruits BG FRIDAY 27 Sept 2.90 Beef soup with spinach 3.20 Fatush salad 5.20 Oven baked porato Hasselback with sauc 6.50 Chicken leg with dark beer and black rice with	300 with 300 ce with 300 er/p 300 150 e 300 herbs 300

Menu of the Day Daily a menu of the day is proposed, which is a specific combination of Soup or Salad + Main Course + Fruit = 9.20 BGN (Which is posted daily on the board)